

## **PRONE PLAY IS A BABY'S FIRST IMPORTANT WORK**

### **With Positioning in Prone**

Elongation of the spine and development of normal curves (8, p.26)

Strength of back and neck extensors (8, p.70.)

Expansion of chest cavity (6.)

Weight bearing through hands (8, p.70)(2)

Eyes focus at close range (8, p.41) (3, p 100)

Eyes lead movement, (3. p.100.)

Mobility with a diagonal, reciprocal pattern (8, p.127)

### **Limited Prone Positioning**

No neck babies, (10)

Poor head control, torticollis, flat spots on head, (4) (5)

Low energy, fatigue, protruding soft abdomen (6)

Hands fail to open routinely, Limited exploration of toys, Delayed fine motor control, 3-5 year olds persist with a full hand grasp on crayons or pencil ( 1) (2)

Eyes may not learn to work together when focusing. (3. p. 100)

Exploration may be limited (3. P. 103)

Delayed rolling, sit, crawl, creep (4)

Mobility with substitute patterns

    Scoot backward supine

    Roll to reach –Avoids head against gravity

    Sit scoot (all avoid weight through hands

    ( clinical observations)

    Early walking (4)

Promotes free, full movements. (8, p.67)

Limited ability to extend arms.  
Spending too much time in a pumpkin or carrier seats may limit locomotor explorations and perceptual development at all levels from 6-12 months. (8, p. 67)

Decreases infant reflexes (2) (7)(11, p.112)(12)

STNR and ATNR may persist into teen years.  
School work and athletic performance suffer (7)  
Moro is evident in Autistic children. (11, p 126)

Increases symmetrical core strength  
Both hands or legs can work together  
(8, p.71)

Righting reflexes, backward, fail to mature . All protective reactions are forward. Posture is forward and rounded (Clinical Observation)

Lateralization  
One side can work separately from the other  
(8, p.98)

Inability to cross midline  
Lack of coordination of binocular vision  
Lack of ear coordination (8, p.131)

Development of cross lateral movements  
Leads to crossing the midline of the body  
Leads to dominance and handedness  
Networking neurons develop in R and L sides of the brain for full brain integration.  
(8, p. 131, 216)

Difficulties with comprehension, attention, organization, communication, reading and writing skills (3, p. 101)

Release of brain chemicals during cross crawling movements decreases stress chemicals in the blood  
Allows Cognitive thinking to expand  
Allows Higher level thinking  
( 3, p.112, 132-150;

Children may exhibit behavior problems, memory challenges, attention problems, or many school problems. (3, p. 121, 131,133.)

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